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Title: Assessment of injuries and painful conditions in Irish dancing in CZ and Europe

The goals of the thesis: The goal of this thesis is introduction of Irish dancing with its specification, and its current state here in the Czech Republic and in Central Europe. Further, mapping of the most common injuries and painful conditions, assessing the quality of preparation of the organism for the strain.

Methodology: In this thesis a research was conducted of foreign and Czech sources addressing Irish dancing from historical point of view, organisation and primarily injuries. For mapping of the most common injuries, their causes and solution methods were chosen anonymous non-standardised questionnaires. These questionnaires were distributed to dancers from different states, all dancing categories, with age limitation only on the bottom level and that of 12 years old. From 150 distributed questionnaires were returned 130 completely filled and their results were processed by Microsoft Excel.

Results: On the bases of the research it was ascertained, that absolute majority of the injuries occurred during Irish dancing, is localised on lower limbs. More than a half of all injuries is then related to the area of the hock joint. From external causes are the dancers affected mostly by footwear. From the answers did not emerge, that there would be a major connection between the dancing level, age or nationality of an individual and his injuries. Follow-up rehabilitation of Irish dancers after an injury usually is not arranged by physiotherapists, more often orthopaedic aids or regime measures are used.

Key words: Irish dancing, injuries, pain, physiotherapy, prevention